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MARINATING GIVES ZEST TO COOL SUMMER FOODS

The problem of meal planning in summertime is one of serving dishes that look and are cool and that taste good without being rich or highly seasoned. Acid flavors are the answer. One way of providing them is to use marinating mixtures, or marinades, for some of the summer salads used in main dishes. A marinade may be a sour fruit juice, usually lemon, or vinegar, or sour cream, or tomato juice. It may be used alone or in a French dressing.

The trick about marinating, says _____ (Name), _____ (Title) of _____ (Institution), is to mix the dressing and the salad materials several hours beforehand, pack well, and chill. Then the marinating mixture penetrates through and through the salad, and softens meat fibers, if it is a meat salad. Lettuce leaves and salad garnishes are not marinated, however, because they would lose their crispness.

For potato salad, marinate hot sliced potatoes with French dressing containing chopped onion, or, if you prefer, with a hot cooked salad dressing. Chill for several hours. Small left-over portions of cooked carrots, beets, string beans, peas, and cooked cabbage can be combined and marinated for a hearty vegetable salad. Possibly a few crisp, raw salad vegetables may be added at serving time.

The ordinary cooked dressing for cold slaw is a marinade, poured over raw shredded cabbage. Hungarians prepare fresh cucumbers by marinating them in vinegar for an hour or two, and then serving with sweet or sour cream.

One of the best-liked marinades for chicken salad is a mixture of vinegar or lemon juice and chicken fat. Any meat salads are better if marinated. Beef Vinaigrette is a Creole dish made by marinating lean soup meat cut into cubes. French dressing with onion or a trace of garlic is the marinade generally used.

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